

FEBRUARY
2021

WORLD OF WISDOM

ISSUE NO.
SEVEN

YOU KNOW IT'S LOVE WHEN ALL YOU WANT
IS THAT PERSON TO BE HAPPY, EVEN IF
YOU'RE NOT PART OF THEIR HAPPINESS



Exploring Budhadya yoga



BY S K KOHLI

As name suggests it is combinations of sun and mercury in one house especially in Kendra/trikona without mercury retrograde and combust. This is most common combination and it does not appear logical that good results will be felt for all. Let us analyse both planets first with an example of Sagittarius ascendant having sun (1 degree, purvabhadrapada 4th pada, 3 bhinnastak bindu) and mercury (7 degree, uttarabhadra pada 2nd quarter, 4 binnastak bindu) placed in 4th house Pisces. Sun is our power station supplying signal to all planets and by transiting on each sign for one month it charges each planet battery (detailed in my article sun as universal charger). Mercury is signal carrier like cable and even all tracks of printed circuit board spread like nerves in our body. Sun represents our intelligence/ authority etc. and mercury represents analysis/data/communication etc. Here sun and mercury in 4th house shall have control over these house affairs like education, house vehicle etc. Sun is lord of 9th house so it will bring luck to this house. Mercury is lord of 7th (spouse) and lord of 10th (profession) shall bring agenda of those houses in 4th house. Now few results analysed are as below.

1. Mercury in Pisces is so called debilitated but thinking ahead logically you will notice that Pisces is silence zone of Jupiter where it absorbs knowledge from space to deliver in Sagittarius. Mercury is student and in Guru House of Jupiter can learn a lot provided it maintains silence during study. Thus this combination can make native lifelong student.
2. Sun is in Jupiter nakshtra so sun battery will impart good and beneficial signals to be carried out by mercury that is in Saturn nakshtra which may provide delay in delivery of signal after proper long calculation. Thus native may be over cautious in 4th house matters.
3. Sun is behind mercury in degree meaning analysis ahead of what soul says so native may be over calculative in this house affairs.
4. Mercury being lord of profession house placed in 4th so native may prefer work from home or ready to come back home in time after duty.
5. Wherever mercury posited there is over calculation or bickering and in Hindi term kutar kutar meaning over interference in this house affairs.
6. Sun in this house makes one introvert and work in isolation (Pisces sign). He may have his/her own space or room in house to work.
7. There are many more results which can be analysed in this light. Above is a short glimpse of analysis and many more points are needed for proper analysis like dasa, strength of planets etc.

Numerology and your life



BY ASHISH MATHUR

It helps you to represent your inner abilities and character along with your potential and can surely change your life by driving it all towards the fruitful path. Numerology has proven to be totally dependable when it comes to taking difficult and critical decisions in life. Results of Numerology can help you with what can be the right time to start a new venture or to ask for a salary raise. It can change your life by finding the objective of your spirit and also by drawing you towards the way on which you can look upon to someone for an adequate personal or professional relationship. It can also bring you closer to the opportunities by letting you know the factors which triggers positive results. It is necessary to know the person in and out with whom you are going to walk throughout life. Numerology helps you to know your partner's desires, ambitions, frame of mind, their journey and how they can get to their port of call. Numerology can be said as the sign boards for travelling the unknown road as it warns you of positive and negative situations of your life. Numerology can tell what makes some people succeed over others on the same task. It reveals your traits and helps you make the correct decision about relationships, health, education, marriage, love, finance etc. It helps you to set goals, and do planning and directing best for achieving them and also helps you wriggle out of complex situations. When you constantly fail at changing your life, it means you missing out on significant information and Numerology helps you reveal this information and you can change your life by knowing about the events likely to occur in your life and what you can do about it as a person you tend to be. Have you ever thought about how choosing a correct wedding date can change your marriage? Numerology can help you to do that. Numerology helps you to stay at the right place by evaluating energies of a property, a city or a town.

Know about Prashna Kundali

BY AJAY KUMAR

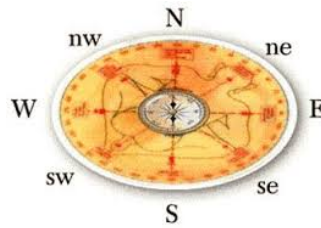


Not everyone knows their birth date and time, sometimes it is just not possible for the parents to keep track of these. But Astrology do have a way for life analysis of the individuals who do not know their birth details or are not sure whether they are correct or not. In situations like these, astrology makes use of Prashna Kundali. In Hindi, 'Prashna' means Question and 'Kundali' means birth chart. So literally, the term prashna kundali, means birth chart of a question. In more detail, prashna kundali is basically the birth chart created based on the date & time when the individual asks the question. Through the prashna kundali, one can know whether an event will occur or not. Just like regular kundali, in this importance is given to ascendant sign of the native every house and zodiac sign representations are entirely different. The ascendant in prashana kundali represents the person who asks the question. The seventh house represents the subject matter about which the question is asked. The analysis is done on the basis of the planet that the ascendant represents. Hence, the astrologers take into everything into consideration when analyzing the ascendant of a kundali. To know which question is related to the planet, which looks at the planet ascendant in full view, it can be a question related to that planet or a planet which is strong in the horoscope, it can be a question related to that planet. One can know the reasons behind inner upheaval through prashna kundali. In prashna kundali, the question asked is seen in relation to the ascendant sign. The zodiac sign in the ascendant house is the shadow of the questionnaire himself. The 7th house is also considered important in relation to the question. The nature of the question is derived from the planet in the ascendant house or from the planet aspecting the ascendant house. The horoscope serves to indicate the path of happiness and sorrow in life. The prashna kundali provides meaningful information about the possible outcome of related to the question asked. Many times a horoscope is not available if it is unavailable, then due to lack of definite information about the time of birth, the prophecy would not be correct.

Science of Vastu Shastra

BY AJAY KUMAR

NW	N			NE
	MOON VAYU	MERCURY KUBER	JUPITER SHIVA	
W	SATURN VARUN	BRAHMA	SUN INDRA	E
	KETU RAHU NAIRUTYA	MARS YAMA	VENUS AGNI	
SW	S			SE



Vastu Shastra is a meta physical science which balances 8 directions, 5 elements along with the gravitational force, electromagnetic force of earth and the cosmic force emitting from the atmosphere to balance with human life for progress, progeny, finances, physical and mental health, progeny, stability, leadership etc. Vastu literally means the "science dealing with building".

Vastu is a logical explanation of scientific truths and facts. The Vastu Principles are related with the properties (Natural Energies) of our Mother Earth. . It simply says that the sources of energies are to be open and the flow of energies is not to be disturbed. Vastu Shastra prescribes desirable characteristics for sites and buildings based on flow of energy ('Prana' in Sanskrit). Many of the rules are attributed to cosmological considerations; the Sun's path, the rotation of the Earth, magnetic field, etc. The morning Sun is considered especially beneficial and purifying and hence the East is a treasured direction. Vastu believes that there are essentially two types of forces, which are equal and opposite in nature. The interaction of these two forces is cosmic ordained and produces a third type of force, which is called 'Bio-Force' or 'Prana', needed for life to exist. One type of force is subtle and fine. The other is dark and dense. We, for understanding this subject, can call the first one as 'positive' and the other as 'negative'. 'Prana' is liberated by the interaction of these forces. Over the surface of the globe, these forces continuously interact, releasing bio-energy. When a structure is built over the surface of the Earth, it comes in the way of a natural interaction. Both the forces enter the structure where the interaction continues. However, the intensity of forces that enter the structure need not be the same. Depending on various factors like levels, water bodies, door placement etc., either the positive or the negative can have stronger presence. If the structure is designed in a manner that the positive forces override the negative forces then there is a beneficial release of bio-energy, which helps all the inmates to be healthy. Even after such reaction with the negative forces, a positive Cosmic surplus is always present in such a structure, which is the 'Supreme Being Himself'. In such an atmosphere, life is smooth and happy with everything in life coming your way without any great struggle. It is a happy and healthy life for all the inhabitants. If on the other hand the structure is built in such a way that the negative forces override the positive then you have a weak bio-energy field which manifests as diseases in the occupants. The over bearing negative field makes your actions, efforts, thinking negative so that ultimately the whole life is ruined.

ध्यान क्या है?

BY SUSHMA GUPTA



हमारे अंदर सोई हुई शक्तियों को जगाना ही ध्यान है। हमारा मन हमेशा एक जगह पर स्थिर नहीं रह पाता वह चारों तरफ भागता रहता है, मन को एकाग्र करने की प्रक्रिया को ही ध्यान कहते हैं। मनुष्य मात्र 2% ही अपने मस्तिष्क का इस्तेमाल होता है। ध्यानके माध्यम से हम अपने मन और मस्तिष्क को एकाग्र कर सकते हैं ,और अपने अंतर्मन को साफ कर सकते हैं। ध्यान कहाँ करें? ध्यान करने के लिए स्थान साफ और सुथरा होना चाहिए और आसपास का वातावरण बिल्कुल शांत होना चाहिए क्योंकि अगर आसपास गंदगी होगी तो वहाँ नकारात्मक ऊर्जा होगी जिससे हमारा मन एकाग्र नहीं हो सकेगा और हमारा मन ध्यान में नहीं लग सकेगा। ध्यान करने का तरीका ध्यान हम कुर्सी पर सीधे बैठ कर, या जमीन पर बैठकर या बिस्तर पर लेट कर भी कर सकते हैं। किंतु ध्यान करने का सबसे आसान तरीका यह है कि पद्मासन में बिल्कुल सीधे बैठ जाएं और अपनी आंखें कोमलता से बंद कर ले और अपना ध्यान केवल अपनी सांसो पर ले आए। ध्यान के समय हमारा मन बिल्कुल शांत होना चाहिए और हमें बिल्कुल भी क्रोध नहीं करना चाहिए। उस समय कोई विचार भी मन में नहीं आना चाहिए अगर कोई विचार मन में आए भी तो वापस अपना ध्यान फिर से अपनी सांसो पर ले आए। उसके बाद हम धीरे-धीरे महसूस करेंगे कि हर आती सांस के साथ एक सकारात्मक ऊर्जा हमारे शरीर के भीतर प्रवेश कर रही है और हर जाती हुई सांस के साथ सारी नेगेटिविटी हमारे शरीर से बाहर जा रही है। यदि हमारे शरीर में कोई बीमारी भी है तो हमें यह सोचना चाहिए कि वह बीमारी हमारे पैरों के रास्ते से होकर बाहर निकल रही है। ध्यान कम से कम 10 मिनट रोज करना चाहिए। अगर हमारा मन ध्यान करने में नहीं लगे तो हमें दिन में एक बार एक से सौ तक गिनती गिन्नी चाहिए, जिससे कि हमारा मन धीरे-धीरे एकाग्र होने लगेगा और हमारे मन से धीरे धीरे सारे नकारात्मक विचार दूर होने लगेंगे **ध्यान करने की अनगिनत फायदे है जो निम्नलिखित है-** १ ध्यान करने से हमारा मन शांत रहता है। २ ईश्वर के प्रति हमारा जुड़ाव जाता है। ३ हम अपनी सोई हुई शक्तियों को जा सकते हैं। ४ हम तनाव मुक्त जीवन जी सकते हैं। ५ अपना कोई भी काम हम कम समय में पूरा कर सकते हैं। ६ हमारी याददाश्त तेज हो जाती है। ७ हमारा शरीर स्वस्थ रहता है। ८ नींद अच्छी आती है। ९ बच्चे कम समय में ही अच्छी तरह से पढ़ाई कर सकते हैं। १० कॉन्फिडेंस बहुत अच्छी तरह बढ़ जाता है। ११ ध्यान के द्वारा हम किसी भी बीमारी को काफी हद तक दूर कर सकते हैं। तो मित्रों यह थे ध्यान से होने वाले फायदे सभी को कम से कम 20 मिनट का ध्यान अवश्य करना चाहिए। जिससे कि हमारा शारीरिक मानसिक एवं आध्यात्मिक विकास हो सके।

Cleansing of Crystals

BY ANUPAMA AGARWAL



Crystals are said to be memory absorbents. They remember the vibrations i.e. energy of a person or surrounding. When you buy a crystal that crystal has already been into many hands beginning from miners to the processor to intermediate sellers and so on. The energy of each person and the surroundings are stored in crystals and they are definitely misaligned. Hence, in order to use the crystals for our own chosen purpose, we need to remove all those indirect energies from them by the method of Crystal Cleansing.

We can do that by following a few steps-

1. Under Running Water: Simply place your crystals in running water to wash away the energies trapped in it. Water neutralizes any type of negative energy stored in the crystals giving them the original property.

2. Salt Water: Salt is considered to be the best energy cleanser since the ancient time. You can place your crystals in a bowl full of salt water and leave overnight. Your stones must be submerged completely in it. Next day, rinse the crystals and pat dry them for use. Sea Salt or Rock Salt are best for this purpose.

3. Natural Light: Since crystals are the natural source and not man-made minerals, natural source of light are best for its cleansing as well as energizing purpose. Place your crystals in Sunlight and/or moonlight. Leave them for few hours. Rinse the stones after that and remove the dusts particles.

4. Sage Bundle: Sage is a sacred plant with great healing properties. Smudging your stone is said to clear inharmonious vibrations and restore its natural energy. Ignite the tip of the sage with the flame like incense stick (Agarbatti) Transfer the sage to your non dominant hand and firmly grasp your stone and move it through the smoke.

5. Sound Healing: Sound healing allows a single pitch or tone to wash over an area, bringing it into the same vibration as the tone. Chanting mantra, singing bowls, Tibetan bell or any nice bell can help producing the sounds with good vibrations.

6. Using larger Crystals and wands: Large quartz clusters, amethyst geodes, and selenite slabs can be great tools for clearing smaller stones. Place your crystals on top of the larger stones and let them rest there for few minutes or hours

7. Soil: Since crystals are found from the underground, it is quite obvious that the crystals can regain its healing properties from its mother earth. Bury your crystals in the soil (under a plant or so) and leave them for few hours to overnight. After that, rinse your crystals removing the soil and dust from them making them ready to use.

NATUROPATHY



BY NEELU SINGHAL

Naturopathy is a scientific system of treatment where all the methods and procedures of nature cure are utilized judiciously to maintain health by relieving , suffering , eliminating diseases to their whole extent without the use of poisonous drugs or injuring the organism. The history of nature cure is as old as the origin of man. Evidences were found when the Egyptians , Greeks , Romans practised massage , diet and hygiene , physical culture and exercises and all kinds of baths. Coming to the history of nature cure in India we have evidences that before Plato , Aristotle and Hippocrates were born , the Indian Yogis and Sages were the earlier exponents of natural therapy. They practised these for purification of the body , mind and soul in order to increase their great willpower and self control. Lastly, in recent years a great Nautropath was born in the form of Mahatma Gandhi whose principles and thinking about nature cure is widely described in his autobiography " My Experiments with truth "* . Naturopathy considers a disease as a unit. Any violation of nature law will lead to diseases. Except Trauma and uncongenial surroundings of human life there is only one cause of disease , which manifests itself in various forms and in different degrees of severity. It is nature's way to cleanse and heal and individual through the form of acute diseases and suppression of these conditions by poisonous drugs or any other means leads to various forms of chronic diseases. So if a part of body becomes diseased ,the whole body is affected accordingly. It is actually a system of drugless healing for the treatment of patients which are as follows :- • Return to Natural Principles . • Elementary Remedies . • Mechanical Remedies. • Mental and Spiritual Remedies.

WALNUT – A GOOD SOURCE FOR HEALTH

BY ALKA SINGH



Walnuts have been a lovely snack for many years. It is known by its Latin name, *Juglans regia*, which means "Jupiter's royal acorn." It originated in Persia and spread through Asia and Europe. It has a great and profound nutritional value. Small serving size packs a walnut add big nutritional benefit. One serving of walnuts is 1 ounce or about 7 walnuts. A serving of walnuts has 185 calories, 2.5 grams of monounsaturated fat, 4.3 grams of protein, 3.9 of carbohydrates, 1.9 grams of fiber, etc. It is rich in vitamins and minerals such as calcium, Iron, Potassium, Magnesium, and folate. Much scientific research has been shown that eating walnuts can help lower LDL ("bad") cholesterol in particular, but also lower your cholesterol overall. Cholesterol can form plaque inside your arteries, but eating walnuts can help keep your artery walls healthy. It is having a good kind of fat and high in the amount of mega -3 fatty acid. Walnuts have a wealth of good kind of fats - polyunsaturated fats, which are better for you than saturated fats. They also have a high amount of omega-3 fatty acids. Studies have shown that eating walnuts can help lower LDL ("bad") cholesterol in particular, but also lower your cholesterol overall. Cholesterol can form plaque inside your arteries, but eating walnuts can help keep your artery walls healthy. Walnuts help lower your chances of a blood clot that could cause a heart attack. Two large studies found that five servings of nuts a week can reduce your risk of heart disease by as much as 50%. In recent studies walnut also showed the potential to reduce the risk of cancer. They have a type of acid called ellagic acid. Bacteria in your stomach and intestines change this acid into compounds with antioxidant power, which may help ward off cancer. Even One handful may have about 10% of the calories you need for a whole day. But If you're allergic to nuts the walnut is not a preferable option for you. The best way to have them is by soaking them overnight. Just soak 2-4 walnut pieces overnight in a cup of water and have them first thing in the morning. Soaking walnuts helps in reducing the bad cholesterol levels in the body. They are also easier to digest as compared to normal walnuts. Your body can absorb nutrients from soaked walnuts in a much better way. Apart from improving good cholesterol levels and keeping the heart healthy, walnuts are also beneficial for people with diabetes. They also have alpha-linolenic acid, which makes your bones and teeth stronger. If you find eating walnuts raw a little boring, then there are several interesting ways to have them. Just crush a few roasted walnuts and include them in your paratha stuffing. This will make your paratha crunchier and also add an extra nutty taste. Walnuts can also be added, to protein shakes and smoothies by crushing them along with other ingredients. You can also make a homemade walnut chutney or dip by using walnuts, garlic, ginger, lemon juice, oil, and salt and pepper. A little bit of mint can be added, to the chutney as well.

Here you will enjoy eating multi-nutritional value walnut.

MONTHLY HOROSCOPE



BY MONICA KAUSHAL

Aries (March 21 – April 19): If you are struggling to cope financially, take a financial advice from a professional. A fresh perspective is needed to get the things moving in right direction. Good time for lovers. Your long term relationship can slowly turn into romantic love. You may walk from a job that you no longer find fulfilling. Some of you may feel sleep disturbances.

Taurus (April 20 – May 20):

Comparing yourself with others will cause you to miss important financial opportunities. Focus on the positives what you have. You and your partner have been going through a rough time. Spend some quality time with your partner. Things are going well on the work front. Good time for manifestation of your goal. Recovery from an illness is indicated.

Gemini (May 21 – June 20): You may face some tricky time in terms of money matters. If you are single, be cautious about someone you are interested in. It may not be all that they see. In career you have to make major choices. Some cardiac issues are indicated.

Cancer (June 21 – July 22): Avoid reckless spending in terms of money matters. Good time for lovers as they get the soul mates. All relationship problems will be resolved. You may get new opportunities or information that will be benefit to you. You will do good in creative field. Good health is indicated.

Leo (July 23 – August 22): Be cautious of big expenditure. Financial loss is indicated. You may feel long term security & stability in your relationship. Good time for marriage in your career front. Enjoy the fruits of your labour. Good time for getting a position. You always dream for good health.

Virgo (August 23 – September 22): Financial stability. Good time to buy or sell property. You will meet someone who will connect with you on an intellectual level. Good time for business partnership. You will feel harmony & balance in your work place. Sudden illness or miscarriage is indicated.

MONTHLY HOROSCOPE



Libra (September 23 – October 22): You may face problems and disputes over an inheritance. Someone from your past may reappear in your life. You may have a celebration in your family. Planetary position is not favorable in your career. Job loss is indicated. You may experience some emotional disturbances.

Scorpio (October 23 – November 21): Financial security. You may get a big contract or get an unexpected bonus or gift but you may face some issues with your partner. Good time for promotion or starting a business. Good time to quit smoking or other type of addiction.

Sagittarius (November 22 – December 21): Be careful about finances. Chances of deception. This is very challenging time for you to maintain balance in your relationship but you may find productive and happy atmosphere at your workplace. Take care of your teeth & stomach

Capricorn (December 22 – January 19): Release of tension with regards to financial woes. Those who are single, love is coming your way. The bond between you and your partner will increase. Time of great success. New opportunities coming your way. Be cautious against over indulgence in any area of your life.

Aquarius (January 20 – February 18): Avoid high risk investments and over spending. Time for new beginning in terms of relationship. Indication of marriage, pregnancy. Buying or moving to a new house is indicated. Enjoy the fruit of hard labor. Travelling for work is indicated. Great time to begin new health habits.

Pisces (February 19 – March 20): Financial stability & growth is indicated. Keep patience in your relationship. It is not a right time to react. In your work area, time for self assessment, more accountability in career path is indicated. Good time to conceive. Listen to your body signals.

Vaastu tips

by Himanshu

- Puja room is a must in every house. And we all know that North East is the most auspicious direction. But the constant confusion about whether you should face the divine direction or the idols should be facing towards it remain as it is. Here's the solution - one must face towards the North-East direction while doing prayers.
- Main door is an important element in Vastu. All the doors especially the main door should open inside so that the energy remain inside. Also, do take care that the hinges of doors should not make noise. Grease them periodically to keep them noise-free.



- रसोई में घुसते ही नाक में घी या सरसों का तेल लगाएं सिर और फेफड़े स्वस्थ रहेंगे.
- करेला, मेथी और मूली यानि कड़वी सब्जियां भी खाएं, रक्त शुद्ध रहेगा.
- प्लास्टिक और अल्युमिनियम रसोई से हटाएं दोनों कैंसर के बड़े कारक हैं.
- माइक्रोवेव ओवन का प्रयोग कैंसर कारक है.
- खाने की ठंडी चीजें कम से कम खाएं, पेट और दांत को खराब करती हैं.
- बाहर का खाना बहुत हानिकारक है. खाने से सम्बंधित गुप से जुड़कर सब घर पर ही बनाएं.
- तली चीजें छोड़ें, वजन नियंत्रित और एसिडिटी ठीक रहेंगी.
- मैदा, बेसन, छोले, राजमा और उड़द कम खाएं, गैस की समस्या से बचेंगे.
- रात को आधा चम्मच त्रिफला एक कप पानी में डाल कर रखें. सुबह कपड़े से छान कर इस जल से आंखें धोएं, चश्मा उतर जाएगा. छानने के बाद जो पाउडर बचे उसे फिर एक गिलास पानी में डाल कर रख दें. रात को पी जाएं. पेट साफ होगा कोई रोग एक साल में नहीं रहेगा

Knowledge of the month

“तो क्या अगर कोई तुम्हें पहचानता है : ओह, तुम एक शानदार व्यक्ति हो . तो क्या ? उस व्यक्ति के दिमाग में वो विचार आया और गया । वह भी खत्म हो गया । वो विचार चला गया । हो सकता है कि कुछ दिन , कुछ महीने वो तुम्हारे प्रति आकर्षित रहे , तो क्या ? वो भी चला जाता है , ये भी चला जाता है ।” ~ श्री श्री रवि शंकर

So what if somebody recognizes you: Oh, you are a wonderful person. So what? In that person's mind that thought came and went. It is also finished. That mind has gone. Maybe they keep an attraction for you for some days, some months, so what? That also goes it also goes. " ~ Sri Sri Ravi Shankar

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RECIPE OF THE MONTH

BY ARTI MATHUR



कोर्न क्लब कवाब :

-सामग्री : 1 कटोरी स्वीट कोर्न (उबला, छना, पिसा), 2 आलू (उबले, मैश किये), ब्रेड क्रमस, कोर्न फ्लोर पाउडर, 1 चम्मच दरदरी कुटी लाल मिर्च, आधा चम्मच हल्दी पाउडर, 1 नीबू का रस, हरी मिर्च बारीक कटी, 1 इंच अदरक बारीक कटा हुआ, नमक स्वादानुसार।

बनाने की विधि :-----*पिसे हुए कोर्न एक बड़े बाउल में निकाल लें, इसमें आलू, हरी मिर्च -धनिया अदरक डालें। *अब सूखे मसालों को मिक्स करें। *हाथों को गीला कर के मिश्रण से कवाब बनाएं। *कोर्न फ्लोर पाउडर में थोड़ा नमक, पानी डाल कर घोल बना लें। *अब कवाब को घोल में डिप करें, ब्रेड क्रमस से कोट करें। *एक पैन में घी गरम करें, कवाब को सुनहरा होने तक दोनों तरफ से सेक लें। *हरे धनिया से गारनिश करें। *कोर्न क्लब कवाब सर्व करने के लिए तैयार है।



हार्ट शेप कुकीज़ :

सामग्री : 200 ग्राम आटा /मैदा, 70 ग्राम पाउडर चीनी, 50 ग्राम मिल्क पाउडर, 100 ग्राम मक्खन, 50 ग्राम पिघली हुई सफेद चॉकलेट, 1 चम्मच वनीला एसेसं, 50 ग्राम स्ट्रॉबेरी जैम, 4-5 चम्मच ठंडा पानी।

बनाने की विधि : *एक बर्तन में मक्खन, चीनी, वनीला एसेसं डालकर फेट लें। *आटा मिलाकर नरम आटा गूंध लें। *15-20 मिनट फ्रिज में रखें। *फ्रिज से निकाल कर बेल लें। *कुकी कटर से मनचाहे आकार में काट लें। और आधे में बीच में एक छोटा छेद बना लें। *एक डिश में बटर पेपर लगा लें, कुकीज़ रख दें। *प्रीहीट ओवन को 200 डिग्री पर 15 मिनट गर्म करें, कुकीज़ को 10 मिनट बेक करें। *यदि ओवन न हो तो कड़ाही में नमक फैला लें और ढक कर गर्म करें, सटेनड लगाकर कुकीज़ को 10 मिनट बेक करें। *10 मिनट बाद ठंडा हो जाने के बाद, व्हाइट चॉकलेट मेल्ट कर लें। *अब एक-एक बिस्कुट के ऊपर फैला लें। *ऊपर से छेद वाले बिस्कुट से ढक दें, फिर छेद में स्ट्रॉबेरी जैम लगा दें, पिसी चीनी छिड़के। * बन कर तैयार है।

Kids Corner

BY DEEPALI

Solve

	+		=	8
+		+		
	-		=	6
=		=		
13		8		

Doggie Confusion



Use the clues and grid to solve the puzzle.

The dog groomer accidentally mixed up the names of five dogs and their owners. Can you help sort them out?

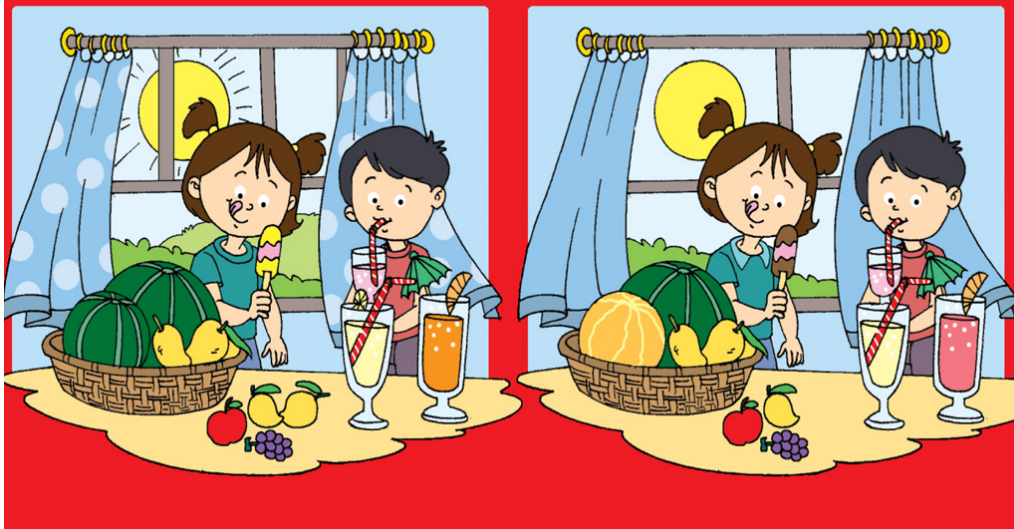
- Neither Fido nor Spot belong to Sam.
- Emma's dog has one less letter in his name than she has in her name.
- Bubbles does not belong to Carlos.
- Goldie and her owner both have the same first initial.
- Shane is not Spot's owner.



	Spot	Fido	Goldie	Bubbles	Rex
Gabby	X	X	O	X	X
Sam	X	X	X	O	X
Carlos	O	X	X	X	X
Emma	X	X	X	X	O
Shane	X	O	X	X	X

+ + = 45
 + + = 24
 + + = 12
 + x = ?

Spot the difference



Find the way



DR AJAY KUMAR FOUNDER, THE WORLD OF WISDOM



Dr. Ajay Kumar is a renowned Reiki & Karuna-Reiki Master. He has acquired knowledge of Reiki from several renowned Reiki Masters including William Hauw of Australia – a Lineage of Takata. He has done Reiki Mastership from Narmata and Narendra Bahtia. Besides, he acquired MAGNIFIED HEALING Mastership from William Hauw. He is having more than 25 years of experience in the field of Reiki healing. He is a Consultant QUARTZ CRYSTAL Therapist. He is a violet prana healer, he is a Aura Master and conducts Aura SIGHTING workshops. He is an advance PRANIC HEALER he has also done mastership in LAMA-FERA an ancient Tibetan healing art. He is a past president of Ghaziabad Reiki Master's association. He has also served as a secretary of Ghaziabad chapter of Institution of Vastu Science India. (2004-06)

He is a MELCHIZEDAK method healer, dowsing practitioner and psychic surgeon. He is also a past-life therapist. He is a vastu consultant and scans energy filed in offices and homes and suggests various practical remedies for enhancing it. He is a past president of rotary club of Ghaziabad chiranjeew vihar. He is a life member of world academy of spirityal sciences, an academy established by Sir Ganga Ran Hospital to encourage promotion and integration of scientific evaluation and validation of various spiritual disciplines like Reiki, Pranic Healing, Vastu Sciences, Yoga and meditation etc. He is also an Astro Palmist. He was awarded by Award of Excellence by Vastu Research Centre & Research Institute of Vedic Culture for outstanding performance & Services in the field of Aura. He was interviewed by News Channels, FM RADIO & Leading Print media several times. He is also a learned angel therapist.

Member of the month



Ms Chandrika Bhatia

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*World of Wisdom provides
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- Kamal

Kudos to team WoW
- Navya

*I am thankful to Ajay ji and
his team for their
astrological solutions, it
helped me a lot!!*

- Ashwini

*Ajay ji's predictions in
palmistry
are amazing*
- Dinesh

*World of wisdom's
Reiki team is very
professional*
- Usha

*Monika Ji's tarot predictions
are awesome*
- Gita



Our Mentor
Mr S K Kohli
Senior Astrologer



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Course Director
Mrs Monica Kaushal
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